

Tots Activities

Pre-Ballet for Tots

This class will introduce boys and girls ages 3-5 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet.

Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Monday Time: 10:00 – 10:45 a.m.

Dates: 1/25 – 3/21 (8 wks) – no class 2/15

Place: Congregational Church – Fellowship Hall (lower level)

Instructor: Dolly Pinto Fee: \$70.00

New ~ Italiano: Bambino Mio!

Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce preschool children aged 3-5 to conversational Italian and to the colorful Italian vocabulary and basic expression through songs, games, and crafts.

Day: Tuesday Time: 10:00 – 10:45 a.m.

Dates: 1/26 – 3/22 (8 wks) – no class 2/16

Place: Congregational Church Pre-School Room

Instructor: Anna Prendi Fee: \$70.00

Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 4 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. As part of our group gym time, we are incorporating SPARK, a research-based, nationally recognized Physical Activity program for Pre-K children. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class. There is a \$10.00 discount off the price for the second child.

Day: Monday Time: 9:15 – 11:15 a.m.

Session 1: 1/25, 2/1, 2/8, 2/22 (4 wks)

Session 2: 3/7, 3/14, 3/21, 3/28 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

Day: Wednesday Time: 9:15 – 11:15 a.m.

Session 1: 1/20, 1/27, 2/3, 2/10 (4 wks)

Session 2: 3/2, 3/9, 3/16, 3/23 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

Day: Friday Time: 9:15 – 11:15 a.m.

Session 1: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: 3/4, 3/11, 3/18, 4/1 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

Time for 2 Gymnastics (Parent/Child)

Two year olds and their parent or caregiver will work together under the guidance of an instructor. Children will explore how to stretch, and how to coordinate their body movements. Skills introduced include rolling and handstands. Classes are limited to only 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 9:00 – 9:45 a.m.

Session 2: 2/3 – 2/24 (4 wks) Fee: \$60.00/session

Session 3: 3/2 – 3/23 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Pre-School Gymnastics (Age 2.5 – 3)

Children age 2.5 – 3 will work with a qualified instructor to improve coordination, strength, and motor skills through movement and play, and begin learning basic gymnastics skills including rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 10:00 – 10:30 a.m.

Session 2: 2/3 – 2/24 (4 wks) Fee: \$45.00/session

Session 3: 3/2 – 3/23 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Pre-School Gymnastics Age 3 or Age 4

Children age 3 or 4 will practice following directions and taking turns as they move through independent and spotted gymnastics skill stations. Skills introduced include walking on a low balance beam, hanging on a low bar, rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Age 3 – Fridays, 9:00 – 9:45 a.m.

Age 4 – Fridays, 10:00 – 10:45 a.m.

Session 2: 2/5 – 2/26 (4 wks)

Session 3: 3/4 - 4/1 (4 wks) – no class 3/25

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Fee: \$60.00/session